

My favorite MRE is menu #9 Beef Stew. I will happily trade to get it. The stew is a relatively simple dish – carrots, peas, potatoes, beef, seasoning, and sauce. Each of the ingredients is ok on its own, but the dish is complete only when they are mixed together. The MRE also comes with a packet of hot sauce if you really want to spice it up.

Diversity and inclusion could also be viewed like a stew. Our members are like different ingredients. Each person is having their own identity even though we look similar wearing the uniform. Our ideas and leadership styles will rub off on each other as we blend or work together at meetings, events, exercises, and more, but we can still remain individuals.

### Race and Gender Diversity of CAP (Arkansas Wing) and Arkansas July

Race		CAP	Arkansas
White	88%	79%	
American Indian or Alaskan Native	1%	1%	
Asian	2%	2%	
Black/ African American	6%	16%	
Hispanic, Latino or Spanish	2%	8%	
Two or more	1%	2%	
Males	78%	49%	
Female	22%	51%	